



10 ways to maintain your brain[®]

1. Head first

Good health starts with your brain. It's one of the most vital body organs, and it needs care and maintenance.

2. Take brain health to heart

What's good for the heart is good for the brain. Do something every day to prevent heart disease, high blood pressure, diabetes and stroke – all of which can increase your risk of Alzheimer's.

3. Your numbers count

Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4. Feed your brain

Eat less fat and more antioxidant-rich foods.

5. Work your body

Physical exercise keeps the blood flowing and may encourage new brain cells. Do what you can – like walking 30 minutes a day – to keep both body and mind active.

6. Jog your mind

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

7. Connect with others

Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

8. Heads up! Protect your brain

Take precautions against head injuries. Use your car seat belts; unclutter your house to avoid falls; and wear a helmet when cycling or in-line skating.

9. Use your head

Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.

10. Think ahead - start today!

You can do something today to protect your tomorrow.



When we think about staying fit, we generally think from the neck down. But brain health plays a critical role in almost everything we do – thinking, feeling, remembering, working, playing – even sleeping. The good news is we now know there are things we can do to keep our brain healthier as we age – and these steps might reduce our risk of Alzheimer's.

For more information on healthy aging and ways to Maintain Your Brain® go to:

www.alz.org
1.800.272.3900

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